



Take a moment to answer the questions below by Friday, June 22, 2007

1. How many points did you earn last week? (please continue to record your points on your tracking sheet)

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2. Did you go for a swim last week?

() Yes

() No

3. Comments

[Submit]

If you do not receive a confirmation page after clicking submit, please click [here](#).

SummerFit - Week 2

Congratulations on successfully completing the first week of SummerFit. Use the SummerFit Tracking Sheet to easily see where your strengths are and where there is room for improvement. Keep tracking your progress to motivate yourself or encourage a family member, friend or co-worker to join you in creating new healthy routines. Before you know it, the healthy changes you make will become habit.

SummerFit points categories:

- 30 minutes of physical activity – 7 points
- 8 ounces of water – 1 point
- 1 fruit or vegetable serving – 2 points
- 1 day without using tobacco (all participants eligible) – 2 points

You may also earn points by:

- [Forwarding SummerFit e-mail to a friend](#) – 2 points
- Completing the "Weekly Bonus" – 10 points



Frequently Asked Questions

Do I get 7 points for *each* 30 minutes of physical activity?

Yes! Try to get at least 30 minutes every day and be sure to

consult with your doctor before making any dramatic changes to your routine.

Where do I record my points?

On the [tracking sheet](#). This sheet has space for all 8 weeks. Periodically, you will be asked to report your score. Please retain this tracking sheet throughout the 8 weeks.

Can I earn the bonus points more than once each week?

No. However, you still earn points for each 30 minutes of activity, fruit and vegetable consumed, etc.



Why Water?

More than half of our body weight is made up of water – we need water to survive, and to thrive! Water keeps us functioning well. Among other things, it helps regulate body temperature, protects vital organs and joints, and carries nutrients and oxygen through our system.

The standard advice is to drink eight, 8-ounce glasses of water over the course of the day. But your needs can vary based on size, gender, activity level and alcohol consumption. If you are working to shed pounds, drinking water can help by reducing hunger and by replacing high-calorie drinks like soda that may be part of your current daily intake.

With increased physical activity, particularly in warmer weather, you should be careful to stay properly hydrated. Not only will it impact your performance, lack of water can lead to heat-related illness. Increase your consumption moderately, however. Too much water consumed too quickly can deplete your body of needed electrolytes.

Weekly Bonus

Earn your bonus points this week by getting a good night's sleep. Proper sleep is the foundation for good health. Unfortunately, many of us don't make it a priority. This week find at least one night you can devote to a full night's sleep (for most, 7 to 8 hours). Make your bedroom as conducive for sleeping as possible – turn off the television or computer, draw the shades for maximum darkness, make sure the temperature is comfortable. Finish eating your evening meal two hours or more before you plan to head to bed. The same goes for exercise – while regular exercise will help you sleep well, it's best to do so earlier in the day. Finally, avoid alcohol, nicotine, or caffeine close to bedtime as they all will impact the quality of your sleep. When you have had a good night's sleep, you will find yourself consuming less caffeine, more motivated to be physically active, and feeling better altogether.



SummerFit Tracking Sheet

Keep track of your points with this printable tracking sheet

[Download here](#)

Do you know someone who could benefit from SummerFit?

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to a Friend >

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